

## Waukesha Walks Club

Looking to take a step in the right direction? Join the Waukesha Walks Club! This is an opportunity to get healthful exercise, meet new friends, and hear all about the many historic sites that you will visit during your walk. If desired, pedometers and scoring forms can be obtained to track your steps and maximize your health benefits. We recognize that participants walk at various speeds, everyone will be accommodated.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M,W,F	9/11-11/10	9:15-10:15 am	\$10/\$15	7000.323

**Schuetze Recreation Center, Conference Room (meeting area) & Frame Park and surrounding area**

Walking Ambassador: Bob Lawrence

Min: 5 Max: 50

## Evening Classes

### ABC - Arms, Butt, Core

Want variety in your workout? Want to concentrate on Arms, Butt and Core? Join ABC. This class will focus on exercises to give you rock solid abs, tight buns, better balance and endurance. Plus strengthen, tone and build your endurance from head to toe. Use of balls, bands, tubes, and other "toys" will add variety and new dimensions to your workout. Please bring a water bottle and mat to class. All other equipment will be provided.

YOUR CHOICE – HALF OR FULL SESSION

#### HALF SESSION:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M,W	9/6-10/25	5:30-6:15 pm	\$40/\$60	7000.309
16+	M,W	10/30-12/20	5:30-6:15 pm	\$40/\$60	7000.310

(no class 11/22)

#### FULL SESSION:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/11-12/18	5:30-6:15 pm	\$40/\$60	7000.311
16+	W	9/6-12/20	5:30-6:15 pm	\$40/\$60	7000.312

(no class 11/22)

**Schuetze Recreation Center, Gym**

Min: 12 Max: 35

Instructor: Sue Peterson, Certified NETA Instructor



Bootcamp at the Amphitheatre

## Fit Mix

This high energy exercise class will include Hi/Low aerobics, boot camp, circuit, interval training, cardio dance, toning, strength and more. Never a dull moment! Workouts are designed for all fitness levels and structured so no one is left behind. Great way to meet people, increase your energy level and improve your physical and social well being. Bring a water bottle and mat, no other equipment needed!

#### TWO DAYS A WEEK:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu,Th	9/5-10/19	6:15-7:15 pm	\$37/\$56	7000.300
16+	Tu,Th	10/24-12/14	6:15-7:15 pm	\$40/\$60	7000.301

(no class 11/23)

#### ONE DAY A WEEK:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	9/5-10/17	6:15-7:15 pm	\$18/\$27	7000.302
16+	Tu	10/24-12/12	6:15-7:15 pm	\$21/\$32	7000.303
16+	Th	9/7-10/19	6:15-7:15 pm	\$18/\$27	7000.304
16+	Th	10/26-12/14	6:15-7:15 pm	\$18/\$27	7000.305

(no class 11/23)

**Schuetze Recreation Center, Gym**

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor

## Beginner Boot Camp

Outdoor Boot Camp combines the major fitness components for a challenging, well-balanced workout including cardiovascular exercise, resistance training, sports conditioning and teamwork. Options are provided for everyone, whether you need less or more intensity, it's your workout and no one is left behind. Bring a water bottle, no other equipment needed!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	9/12-10/24	5:30-6:15 pm	\$24/\$36	7000.380

**Frame Park Amphitheatre**

Min: 12 Max: 35

Instructor: Sue Peterson, Certified NETA Instructor

## Gentle Yoga for Beginners

Yoga is a wonderful way to stay fit as you learn to breathe deeply and relax more fully. It's numerous health benefits help you to feel your best as you become stronger and more flexible. This is a slower paced, gentle class geared towards the beginner and those with physical limitations. Modifications and props are used so that the movements can be adapted to accommodate students of all ages and abilities. Each class finishes with a guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/11-10/23	5:30-6:45 pm	\$61/\$81	7000.334
16+	M	10/30-12/18	5:30-6:45 pm	\$70/\$90	7000.335

**Rotary Building**

Min: 5 Max: 20

Instructor: Marie Coakley, RYT

**NEW!**

**POUND: Rockout. Workout.**

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	9/7-10/19	5:30-6:15 pm	\$24/\$36	7000.373
16+	Th	10/26-12/14	5:30-6:15 pm	\$24/\$36	7000.374
(no class 11/23)					

**Rotary Building**

Min: 10 Max: 25

Instructor: Kathleen Barbian, Certified Instructor

**Yoga for Health and Fitness**

Yoga is a great low impact form of exercise that uses self awareness and focuses on the breath to connect Mind, Body & Spirit. This is a multi-level course designed to meet the health and fitness needs of class participants. With regular practice, yoga can help relieve the symptoms of many medical conditions including arthritis, back problems, muscle soreness and tightness due to sports or inactivity. Modifications are taught with props to meet the individual needs of students so they can find balance between strength and flexibility as they are building stamina and focus. Each class finishes with guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	9/13-10/25	5:30-6:45 pm	\$61/\$81	7000.336
16+	W	11/1-12/20	5:30-6:45 pm	\$70/\$90	7000.337

**Rotary Building**

Min: 5 Max: 20

Instructor: Marie Coakley, RYT

**Zumba**

Zumba is the fusion of Latin and International music dance themes that create a dynamic, exciting, effective workout! Routines will feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movement with easy to follow dance steps.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/11-10/23	5:30-6:30 pm	\$39/\$59	7000.353
16+	M	10/30-12/11	5:30-6:30 pm	\$39/\$59	7000.354

**Hawthorne Elementary School, Gym**

Min: 9 Max: 20

Instructor: Genelle Beyer, Certified Zumba Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	8/29-10/17	6:30-7:30 pm	\$45/\$65	7000.357
16+	Tu	10/24-12/19	6:30-7:30 pm	\$45/\$65	7000.358
(no class 10/31)					
16+	Th	9/7-10/19	6:40-7:40 pm	\$39/\$59	7000.355
16+	Th	11/2-12/14	6:40-7:40 pm	\$33/\$50	7000.356
(no class 11/23)					

**Schuetze Recreation Center, Activity Room**

Min: 9 Max: 20

Instructor: Amy Sadenwasser, Certified Zumba Instructor

**Zumba Gold – Dance Your Way to Health For Beginners to Older, Active Adults**

Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	9/7-10/12	5:30-6:30 pm	\$33/\$50	7000.366
16+	Th	10/26-12/14	5:30-6:30 pm	\$39/\$59	7000.367
(no class 11/23)					

**Schuetze Recreation Center, Activity Room**

Min: 9 Max: 20

Instructor: Joan Bohte, Certified Zumba Instructor

**Saturday Class**



**20/20/20 Strength**

Gain total body strength and definition with this dynamic and creative group strength-training class. The class uses a combination of power tubing, free weights and body weight exercises for an effective one hour class – 20 minutes upper body, 20 minutes lower body, and 20 minutes of core conditioning. Perfect for men and women of all ages and abilities. No experience necessary! Bring a mat and a water bottle.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Sa	9/9-10/21	7:45-8:45 am	\$18/\$27	7000.332
16+	Sa	10/28-12/16	7:45-8:45 am	\$18/\$27	7000.333
(no class 11/25)					

**Schuetze Recreation Center, Gym**

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor and Sue Peterson, Certified NETA Instructor

(Class will be held in Activity Room 11/4)

**THANKSGIVING CHARITY BOOT CAMP**

**Thursday, November 23, 2017**

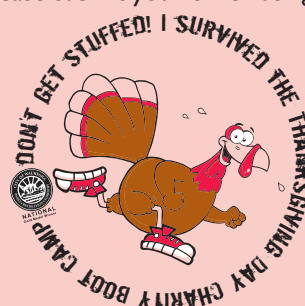
**8:00-9:00 am (doors open at 7:45 am)**

**Schuetze Recreation Center, Gymnasium**

Please bring 5 or more non-perishable food items to our Thanksgiving Boot Camp as a donation for your workout. You must fill out a Fitness Class Trial Waiver on-site prior to participating in the Boot Camp.

**Optional:** Dry Fit Thanksgiving Boot Camp t-shirts are available to purchase for \$12.00

Please submit your order using a WPRF registration form



**#7000.381 Men's Shirt**

**#7000.382 Women's Shirt**

**Order Deadline:**

**Thursday, November 9**

## Knitting - Beginning

In this class you will learn to cast, knit, bind off, read patterns and more. After learning the basics you will begin a project of your choice. Your confidence will grow in this fun and caring learning environment. Supplies will be loaned to participants on the first night.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	9/19-11/14	7:00-9:00 pm	\$34/\$51	6000.322

**WPRF Office, Kathryn Muehl Meeting Room** Min: 8 Max: 20  
Instructor: Michele Steinbacher

## Knitting - Continuing

Join the resurgence of knitting. Beginner and Advanced knitters are wanted. Learn the basics of this useful craft or work on the project of your choice. Come and join us! We'll keep you in stitches!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	9/18-11/13	7:00-9:00 pm	\$34/\$51	6000.320

**Schuetze Recreation Center, Conference Room** Min: 8 Max: 20  
Instructor: Michele Steinbacher  
NOTE: Must have good knitting skills.

## Fall City of Waukesha Calendar of Events

August 13	Waukesha Olde Car Club Show 8:00 am-3:30 pm Frame Park
August 17-20	WPRF Neighborhood Beer Gardens Thurs/Fri. 5:00-9:00 pm Sat./Sun. 11:00 am-9:00 pm Rivers Crossing Park
August 18	Run with the Cops Veterans Park
August 19	Piece of Cake Walk/Run 8:00-10:00 am Frame Shelter
August 24-27	WPRF Neighborhood Beer Gardens Thurs/Fri. 5:00-9:00 pm Sat./Sun. 11:00 am-9:00 pm Bethesda Park
September 9	Alzheimer's Association Walk 8:30 am-12:30 pm Frame Park Amph. Shelter & River Walk
September 16	NAMI Walk 9:30 am-1:00 pm Frame Park Shelter
September 17	Walk MS Society Wisconsin 7:00 am-2:30 pm Frame Park Amph. Shelter & River Walk
September 22-23	Oktoberfest 5:00-10:00 pm Fri., 9:00 am-10:00 pm, Sat. Frame Park
October 13	Retzer Howl-O-Ween 6:00-9:00 pm Retzer Nature Center
October 21	TOM Hero Walk 10:00 am-1:00 pm Frame Shelter
November 4	Operation Honor 4:30 pm Schuetze Recreation Center

## No Knead Artisan Bread – Just in Time for Thanksgiving

Fresh baked bread smells and tastes so good. Making your own bread can cost less and help you avoid additives and preservatives. Making bread using the "no knead" method isn't hard or time consuming. Each step will be demonstrated in class. Sample white, part wheat and whole wheat breads. Come Hungry! Each person will have a chance to start a loaf to finish at home.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	11/6	6:30-8:30 pm	\$20/\$30	6000.325

**Schuetze Recreation Center, Meeting Room** Min: 6 Max: 18  
Instructor: Julie Toman, DPI Home Economics Teacher

## Probiotic Drinks and Foods - Stay Healthy This Winter!

Probiotics are good for you and probiotic foods/drinks taste good. Find out possible health benefits of probiotic rich foods and beverages which include support of the immune and digestive systems. Sample an assortment of drinks and foods from yogurt to kombucha.

Water kefir is a probiotic drink lower in calories than dairy kefir or yogurt and it's dairy free. It's easy to culture, inexpensive and can be flavored in many ways. Sample different flavored kefirs. Take home water kefir culture so you can make your own.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	10/10	6:30-8:15 pm	\$22/\$33	6000.329

**Schuetze Recreation Center, Meeting Room** Min: 6 Max: 18  
Instructor: Julie Toman, DPI Home Economics Teacher  
Note: Class includes instructions, jars and kefir culture



## RENT – 20<sup>th</sup> Anniversary

In 1996, an original rock musical by a little known composer opened on Broadway...and forever changed the landscape of American theatre. Two decades later, Jonathan Larson's RENT continues to speak loudly and defiantly to audiences across generations and all over the world. And now, this Pulitzer Prize and Tony Award winning masterpiece returns to the stage in a vibrant 20<sup>th</sup> anniversary touring production. A re-imaging of Puccini's La Boheme, RENT follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out. With its inspiring message of joy and hope in the face of fear, this timeless celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matters – love. Our seats for this performance are in the rear orchestra section in Uihlein Hall at the Marcus Center for the Performing Arts, Milwaukee.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	10/5	6:30 pm-10:30 pm	\$59	8900.301

**Schuetze Recreation Center** Min: 35 Max: 52  
Instructor: Marge Reuteman

**Note: Registration Deadline for this trip is Friday, 9/1/17**

## Holiday Shopping In Chicago

Shopping Galore on the 22nd annual fun-filled holiday trip to Chicago's magnificent mile. This day is for the committed shopper. You can get a head start on Christmas shopping at such famous stores as Nieman Marcus, Bloomingdales and The North Face. There are three indoor malls, dozens of restaurants to choose from or visit Millennium Park. Enjoy a breakfast snack for the morning ride and a complimentary treat on the ride home. Everyone will also receive a map of downtown Chicago with information on shopping, restaurants and attractions. Make this an annual family or friends tradition.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
6+	Sa	11/11	7:45 am-8:00 pm	\$38	8900.302

**WPRF Office, 1900 Aviation Drive** Min: 35 Max: 100  
Instructor: Marge Reuteman

**Note: Departure location is different than other family trips but same as last year – trip will depart from WPRF Office**

Great Holiday Gift Idea—Give an Experience, One Night Only:



## Special Milwaukee Symphony Pops Concert with Hamilton's Leslie Odom, Jr.

Broadway's Hamilton: An American Musical star comes to Milwaukee! Direct from his Tony® award-winning role as Aaron Burr in Broadway's hottest hit, Leslie Odom, Jr. joins the Milwaukee Symphony for one performance only.

Multifaceted performer Leslie Odom, Jr. was the original Aaron Burr in the blockbuster hit musical Hamilton, for which he won a 2016 Tony for Lead Actor in A Musical. He is also a Grammy Award-winner as a principal soloist on Hamilton's Original Broadway Cast Recording, which won the 2015 award for Best Musical Theater Album. Odom, Jr. made his Broadway debut at the age of 17 in Rent, before heading to Carnegie Mellon University's prestigious School of Drama. On the small screen, Odom, Jr. is best-known for his roles in Smash and Law & Order: SVU. He's also appeared in episodes of Gotham, Person of Interest, Grey's Anatomy, House of Lies, Vanished, and CSI: Miami.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
6+	F	1/19	6:30-10:15 pm	\$72	8900.303

**Schuetze Recreation Center** Min: 35 Max: 52  
Instructor: Marge Reuteman

**Note: Registration Deadline for this trip is Friday, 12/15/17**

## On the Road Family Trips

Traveling with a group is more fun. Everyone is welcome! Family trips are held rain or shine and an adult must accompany children 6 – 17 years. All trips depart from the Schuetze Recreation Center, unless otherwise noted. Deluxe motorcoaches are used for the tours. Any cancellations/refunds must be requested two (2) days prior to the trip; all theater tickets are non-refundable. Refunds may be given for trips if a replacement is found. Alcohol is prohibited on the motorcoaches.

## Waukesha Reads – NEA Big Read

Waukesha Reads- NEA Big Read 2017 will celebrate the Charles Portis American Classic *True Grit*, one of the great American Western novels. *True Grit* was published in 1968 and tells the story of a woman named Mattie Ross, who recounts the time when she was a young girl and sought retribution for the murder of her father. The rousing adventure story inspired two award-winning films, but on the page, readers will discover the rich humor, inventive prose, and compelling characters that have made the book a masterpiece of American Storytelling. In honor of the book and keeping with this year's theme WPRF invites you on a western journey.

- Visit Watson's Wild West Museum in Elkhorn, WI and relive the thrill of the Legend of the American West.
- Enjoy a special presentation on how Hollywood influenced the American West in the Story of True Grit.
- Saddle up and mosey on over for lunch and performance at the Dancing Horses Theater in Delavan, WI. Enjoy an included lunch (sliced turkey on a croissant, potato salad, fruit, cupcake and ice cold lemonade) followed by a dazzling spectacle performance featuring an array of horse breeds who perform alongside their trainers in this fantastic cavalcade of equestrian artistry. Visually stunning, and performed in a state-of-the-art, yet intimate, 300-seat theatre, this live show is truly a mustsee for any horse lover.
- Our golden treasure Echo, the singing and talking Amazon parrot and consummate performer – "little bird with a big heart" will complete our day. Echo struck gold enjoying the national spotlight through appearances in America's Got Talent, The Tonight Show with Jay Leno and Animal Planet's Pet Star.
- A True Grit western treat awaits you on our trip home as we share memories of this special one of a kind western journey.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
6+	F	10/20	9:15 am-4:30 pm	\$70	8900.304

**Schuetze Recreation Center** Min: 35 Max: 52  
Instructor: Marge Reuteman

**Note: Registration deadline for this trip is Monday, 10/2/17**  
Each traveler will receive their own copy of the American Classic



### Learn to Kayak

Learn all of the basics that will prepare you to begin partaking in this fun, relaxing and adventurous activity. You will learn about different types of kayaks and which might be the best fit for you, basic kayaking safety, proper form and technique, how to launch your kayak and portage it, and other various tips and tricks to be a safe and knowledgeable recreational kayaker. 30 minutes of this program will take place on dry land, and the last two hours and 30 minutes will take place headed northwest on the Fox River and back. This course includes a kayak rental.

#### Kayak Rental INCLUDED

\*Rental includes drop off and pick up of kayak to designated meeting location

AGE	DAY	DATES	TIME	R/NR FEE	CODE
8+*	Sa	9/16	9:00 am-Noon	\$56/\$76	9700.314

#### Schuetze Recreation Center South Parking Lot

Min: 5 Max: 12

Instructor: Adam Sykes, American Red Cross Lifeguard Certified

**NOTE:** Participants under the age of 16 MUST also have a parent/guardian registered to participate in the class.

**RAIN DATE:** If the program is rained out, the course will be canceled and a credit will be issued to your account.

### Recreational Tree Climbing

Fun, Fitness, Adventure! Peaceful and invigorating, Recreational Tree Climbing utilizes professional climbing gear, which allows climbers to ascend into and explore trees safely. Gain new appreciation for trees, nature, and your City Parks. Recreational Tree Climbing is a unique activity that can be enjoyed by an individual, in small groups, and is especially rewarding to families. All gear and instruction is provided. Participants should wear long pants and sturdy shoes, and bring a sense of adventure. Challenge yourself, hang out in the trees and enjoy the view!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
7+	Su	9/17	10:00 am-Noon	\$35/\$52	1500.340

**Fox River Parkway South Grove, meet at intersection of Fox River Pkwy and Davis Ln**

7+	Sa	10/7	10:00 am-Noon	\$35/\$52	1500.341
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#### Fox River Parkway North (meet by park shelter)

Instructor: Treetop Explorer Staff

Min: 4 Max: 18

**NOTE:** Long pants and sturdy shoes are recommended.





## SPECIAL EVENTS

Join us for fun, friends and an afternoon of excitement on the second Monday of each month for a special event. This special day will include a variety of musical performances, dancing, seasonal celebrations and refreshments.



### Fall into Fun BINGO Blowout

Start out the Fall Season with everyone's favorite pastime while enjoying harvest themed refreshments and prizes!

AGE	DATE	TIME	R/NR FEE	CODE
55+	9/11	1:00-2:00 pm	No Fee	8500.301
*Pre-registration is required				

**Schuetze Recreation Center, Riverview Room**

Instructor: Irene Schuder

### Michael Drake's No Tan Lines Band

Caribbean music will be performed by "Michael Drake & the No Tan Lines Band" from Milwaukee. Featuring fun Caribbean tunes that will transport you to the warm tropics.

AGE	DATE	TIME	R/NR FEE	CODE
55+	10/9	1:00-2:00 pm	No Fee	8500.302
*Pre-registration is required				

**Schuetze Recreation Center, Riverview Room**

### Turkey BINGO Bash

Gobble on down to the Riverview Room for a Turkey Themed BINGO Bash! You don't want to miss this Thanksgiving themed festivity!

AGE	DATE	TIME	R/NR FEE	CODE
55+	11/13	1:00-2:00 pm	No Fee	8500.303
*Pre-registration is required				

**Schuetze Recreation Center, Riverview Room**

Instructor: Irene Schuder

### The Mike Schneider Polka Band

Tis the season for a Polka Celebration Dance! Slovenian-style polka group, The Mike Schneider Band, will be here for an end of season holiday celebration in the Schuetze Gym that includes music, dancing and fun for all!

AGE	DATE	TIME	R/NR FEE	CODE
55+	12/11	1:00-2:30 pm	No Fee	8500.304
*Pre-registration is required				

**Schuetze Recreation Center, Gym**



*2016 Bingo Special Event*

### Painting Open Studio

This Open Studio format is designed for painters with some experience, who would like to share their love of this art with others. The Open Studio allows painters to discuss their work, ask for suggestions, critique works and share this wonderful art form. Painters must bring their own supplies but plenty of work space and light are available. Come when you can, leave when you must

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	9/19-12/5	9:30 am-2:30 pm	\$15/\$22	8500.356

**WPRF Office, Kathryn Muehl Meeting Room** Min: 8 Max: 20  
Volunteer: Julia Pekarske

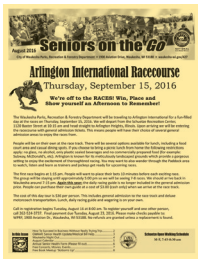
### Bunco

Looking for a great way to socialize? Looking for fun and laughter? Join us for an afternoon of Bunco, a very easy fast paced dice game. Everyone Welcome! No experience necessary.

AGE	DATES	TIME	R/NR FEE
55+	4th Mondays	1:30-4:00 pm	No Fee
(No program 12/25)			

**Schuetze Recreation Center, Riverview Room**

Instructor: Judy Flak, National Certified Activity Professional



### Senior Newsletter

For your convenience, you may receive the senior newsletter by mail. Please send payment to:

WPRF Department  
1900 Aviation Drive  
Waukesha, WI 53188

AGE	R/NR FEE	CODE
55+	Mailing Fee (Sept.-Dec.) \$4/\$6	8500.210

### Volunteer! Helping Hands

Donate your time by getting involved in volunteer opportunities that will make a difference in your community. Projects are completed in a social environment at the Schuetze Recreation Center. Drop in anytime.

AGE	DATES	TIME
55+	2 <sup>nd</sup> & 4 <sup>th</sup> Friday (Helping Hands will meet only once in (November on 11/17 and once in December on 12/15))	Noon-1:00 pm

### Open Walking Schuetze Recreation Center Gym

AGE	DATES	TIME	R/NR FEE
55+	M, Tu, W, Th, F (no Open Walking 11/23, 11/24, 12/18-1/2)	7:45-8:30 am	No Fee

### Clear Captions

Can't hear on the phone? Find out how you can qualify for a FREE Amplified Caption Phone! Nothing to pay ...Ever! Carol Farrand, Title IV ADA Specialist with ClearCaptions (FCC Certified) will be on hand for an informational presentation. She will explain how you can qualify for this federally funded service at **No cost** to you. This fun event will include a RAFFLE and refreshments! Feel free to view the ClearCaption demo phone and ask Carol any questions you may have. If you or someone you know has any type of hearing loss, you don't want to miss this event! Registration required.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	10/12	Th	10:00 am-Noon	No Fee	8500.340

**WPRF Office, Kathryn Muehl Meeting Room** Min: 8 Max: 25  
Carol Farrand, Title IV ADA Specialist with ClearCaptions

### Senior Day Trips

WPRF offers exciting day trips for people 55 years & better. These tours include unique destinations, places you may not visit on your own. All tours are advertised in the "Seniors on the Go" newsletter, including registration information. This fall's upcoming schedule includes:

August 16	<b>Death Trap, Broadway Theatre Center,</b> Milwaukee, WI
August 24	<b>Gypsy, Music Theater Works,</b> Wilmette, IL
September 6	<b>Honeymoon in Vegas, Marriott Theatre,</b> Lincolnshire, IL
September 14	<b>Rock of Ages, Drury Lane Theatre,</b> Oakbrook Terrace, IL
October 5	<b>RENT, Marcus Center,</b> Milwaukee, WI (Family Trip)
October 12	<b>Elvis Lives, Fireside,</b> Fort Atkinson, WI
October 20	<b>Waukesha Reads – NEA Big Read;</b> True Grit (Family Trip)
November 2	<b>Say Cheese!</b> Monroe, WI
November 11	<b>Holiday Shopping in Chicago</b> (Family Trip)
November 28	<b>Nutcracker in the Castle Pain Art Center</b> and Gardens, Oshkosh, WI
December 3	<b>Christmas Stars,</b> Appleton, WI
December 16	<b>The Letterman Christmas Special,</b> Schauer Arts Center, Hartford, WI
January 19	<b>Special Milwaukee Symphony Pops Concert</b> with Hamilton's Leslie Odom, Jr., Milwaukee, WI

### Knitting

Wanted: Beginner and advanced knitters looking for a good time and helpful instruction. Learn the basics of this useful craft or work on the projects of your choice. Come join us! We'll keep you in stitches.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M	9/18-11/13	1:00-3:00 pm	\$34/\$51	8500.320

### Schuetze Recreation Center, Conference Room

Instructor: Michele Steinbacher

Min: 8 Max: 20

### Needlework for Everyone

Perfect for the beginner or experienced crafter wishing to improve their skills in various needlework. This class is designed to assist people in the areas of needlepoint, crewel, counted cross stitch, knitting and crocheting. All levels and projects are welcome. You may bring your own work or the instructor will assist you in choosing new works.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	9/19-11/14	10:00 am-Noon	\$34/\$51	8500.321

### Schuetze Recreation Center, Conference Room

Instructor: Michele Steinbacher

Min: 8 Max: 20

### Waukesha County Aging and Disability Resource Center Benefit Specialist

We are pleased to announce Aging and Disability Resource Center Waukesha County Senior Services will provide Benefit Specialist Services by ½ hour appointment at the Schuetze Recreation Center.

You must sign up for a ½ hour appointment by calling the Schuetze Recreation Center Office at (262)524-3714 between the hours 9:00 am and 4:00 pm. Bring along your questions and concerns. If you are interested in reviewing your health or prescription Drug Plan, a form must be filled out prior to your appointment.

The Waukesha County Benefit Specialists can help during your appointment with:

- Health Care Financing, including Medicare, Medicare Supplemental Insurance, Medical Assistance, Spousal Impoverishment, Prescription Drug Programs (Part D, Senior Care, etc.), and billing problems with medical providers.
- Income Maintenance, including Social Security/Disability, Supplemental Security Income (SSI), Energy Assistance, and food stamps.
- Housing, including landlord/tenant issues, public housing, and Homestead Tax Credit.
- Surrogate Decision Making, including Advance Directives (Power of Attorney for Health Care and Living Wills), guardianship, and representative payee issues.
- Consumer/Finance, including collection practices and unfair sales practices or fraud.
- Elder Rights, including disabilities issues, elder abuse and neglect, and nursing home rights.
- Advocacy services and assistance with legal matters in such areas as administrative hearings, wills, informal probate, and debt collection.
- Other issues, including reverse mortgage counseling.

AGE	DAY	DATES	TIME	R/NR FEE
55+	M	10/23, 11/6	1:00-3:30 pm	No Fee
55+	M	10/30, 11/13	9:00-11:00 am	No Fee

#### Schuetze Recreation Center, Office

Benefit Specialist Waukesha County: Dawn Hendrix

### BBAD - Bridge is Fun Club

Duplicate Bridge Game sanctioned by American Contract Bridge League (ACBL). Master points awarded. Need not be a member of ACBL to play. If you need a partner or have questions, call Lynette at (262) 370-9578

AGE	DAY	DATE	TIME
55+	W	Sept-Dec	10:00 am
(no program 12/20, 12/27)			

#### E.B. Shurts Building, Women's Club Room

Coordinator: Lynette Koski

### Open Bridge

Duplicate Bridge Game sanctioned by American Contract Bridge League (ACBL). Master points awarded. Need not be member of ACBL to play. If you need a partner or have questions, call Scot or Pat Rutherford at 262-781-6008.

AGE	DAY	DATE	TIME
55+	Tu, Th & 1 <sup>st</sup> and 3 <sup>rd</sup> F	Sept-Dec	11:30 am
(no program 11/23, 12/19, 12/21, 12/26, 12/28, 1/2)			

#### Schuetze Recreation Center, Riverview Room

Coordinators: Scot and Pat Rutherford

### Senior Fun Bridge Group

All abilities welcome! Bridge will be played on the first and third Monday of each month. Play six hands and pivot three times (24 hands) giving you a chance to mingle and make new friends.

AGE	DAY(S)	DATE	TIME	R/NR FEE
55+	1 <sup>st</sup> & 3 <sup>rd</sup> M	Sept-Dec	Noon	*\$5 Yearly
(no program 9/4, 12/18, 1/1)				

#### Schuetze Recreation Center, Riverview Room

\*Note: \$5.00 paid to the group to cover activities

### Open Cards

Primarily sheephead and Bridge are played, but other games are welcome. Games are self directed and players are encouraged to bring partners.

AGE	DAY	DATE	TIME
55+	M	Sept-Dec	6:00-8:00 pm
(no program 9/4, 12/18, 12/25, 1/1)			

#### Schuetze Recreation Center, Riverview Room

NOTE: No fee or registration required.



## Golden Agers

A card and game playing social club for adults 55 years and better. Games include: Sheephead, Canasta, Rummikub, and Mexican Train/Dominoes. Other games such as Cribbage, Five hundred, or Euchre are welcome. No experience is required for any of the games other than Sheephead. Participants playing Sheephead should have a working knowledge of the game.

AGE	DAY	TIME	R/NR FEE
55+	W	11:30 am-3:00 pm	*Pay monthly dues
		(no program 12/20, 12/27)	*( \$3.00 to cover the cost of refreshments and other club activities.

**Schuetz Recreation Center, Riverview Room**

NOTE: \*Membership is required to participate.

## Brown Bag Conversations

Don't miss the opportunity to learn more about your community! Join us for informal interactive discussions with local officials, business leaders and organization directors in a relaxed environment. Bring your lunch (coffee will be provided), your thoughts, questions and ideas.

If you have a suggestion for a future conversationalist please submit your written ideas to the Senior Advisory Board, 1900 Aviation Dr., Waukesha, WI 53188

AGE	DATES	TIME	R/NR FEE
55+	3rd Wednesdays	Noon-1:00 pm	No Fee

**September 20** – Karen Treadwell from the Waukesha Food Pantry will give an overview of programs and its history, population served, contributors. She will also discuss community involvement and answer any questions.

**October 18** – Waukesha Reads True Grit

Rooster Cogburn has faced the meanest and toughest criminals in the land, but he'll need "true grit" to face his biggest challenge - traveling with a teenager. Join us for the hilarious "lost chapter" of this classic story.

**November 15** – Traveling any time soon or just want to know regulations and tips to travel. Dawn from Farris Travel will be going through identification, what you can carry on, how to get a ride from curbside to your boarding gate, renting cars at airport, money changing and much more.

**December 20** – Rouse your Christmas spirit with holiday music. Foxtale Preschoolers will entertain us with their animated songs. Their singing will surely bring a smile to your face. Stay tuned for additional musical guests following the preschoolers!

**Rotary Building**

NOTE: No fee or registration required.

## AARP Driver Safety Program

The all new AARP Smart Driver course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Since 1979, the course has helped over 14 million drivers learn proven safety strategies and tips for how to adapt one's driving to compensate for physical and cognitive changes that may come with aging. Plus, you may qualify for an automobile insurance discount by completing the course (participants should check with their auto insurance agent for details).

AGE	DAY	DATES	TIME	R/NR FEE	CODE
50+	Th	9/28	8:30 am-12:30 pm	\$15 AARP Members* \$20 Non-AARP Members*	8500.360

**WPRF Office, Kathryn Muehl Meeting Room**

Instructor: AARP Staff

Min: 10 Max: 20

NOTE: \*Check Payable to AARP at the class

\*Pre-registration is required

## Energy Assistance...Need Help Paying Your Energy Bill – Find out if you Qualify

Come learn about weatherization, energy assistance, and crisis programs from Lynnette Euclide with Energy Services. Lynnette will present information on programs for you or a loved one. She will talk about applying for assistance, weatherization, reducing air drafts, improving ventilation, eliminating harmful carbon monoxide levels, replacement or repair of heating and hot water systems and eliminating household conditions that waste energy.

AGE	DAY	DATES	TIME	R/NR FEE	FEE
16+	Tu	9/19	6:00-7:00 pm	No Fee	8500.341

**Rotary Building**

Min: 10 Max: 30

Instructor: Lynnette Euclide, Energy Services

\*Pre-registration is required

## Aging in Place- Senior Home Enhancement Speaking Engagement

It doesn't have to be an impossibility to keep up a home on a fixed income – let us help! Diane McGeen, Executive Director of Habitat for Humanity Waukesha County, will join us to inform community seniors of various resources for safe home enhancements and repairs while on a limited income.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	10/11	2:00-3:00 pm	No Fee	8500.342

**Schuetz Recreation Center, Conference Room**

Instructor: Diane McGeen, Habitat for Humanity Min: 12 Max: 35

\*Pre-registration is required

### Waukesha Senior Calendar

A website created to help seniors (ages 55+) in Waukesha County find out what's going on in their community!

[www.WaukeshaSeniorCalendar.org](http://www.WaukeshaSeniorCalendar.org)

The website is designed and maintained by staff and volunteers of Interfaith Senior Programs, Inc. to benefit seniors throughout Waukesha County. [www.InterfaithWaukesha.org](http://www.InterfaithWaukesha.org) for more information.

### Book Circle, Tuesdays at Two

Join us on Tuesday afternoons at the Schuetze Recreation Center for an afternoon book club! Meet weekly to discuss the assigned chapters of the chosen books (new book each month), mingle and answer some thought provoking questions. Registration is required for this program. Check out your book at Waukesha Public Library or other CAFÉ libraries. Check out the new title in monthly Senior News Letters for book club details!

**September book: A Dog's Purpose**

**October Book: The Light Between Oceans**

**November book: The Guernsey Literary and Potato Peel Pie Society**

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	9/5-11/28	2:00-3:00 pm	No Fee	8500.325

**Schuetze Recreation Center, Conference Room**

Instructor: WPRF Volunteer

Min: 12 Max: 35



### American Mah Jongg Class

Mah Jongg is a tile game that involves skill, strategy, calculation and chance (similar to the card game Rummy). No Mah Jongg experience or knowledge is required and a practice Mah Jongg set will be provided for the duration of this class. Students will learn the basic moves and tiles will be explained and shown in detail. Practice games will take you step-by-step through the opening moves, the middle strategies, combinations and the end game.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Th	9/28-10/19	2:00-4:00 pm	\$20/\$30	8500.322

**Schuetze Recreation Center, Conference Room**

Instructor: Lori Petersen

Min: 8 Max 12

### American Mah Jongg Meet Ups

Play Mah Jongg and meet other people. Beginners are welcome but this meet up is designed for players with a basic knowledge of the game (American Mah Jongg Class recommended). Players must bring their own Mah Jongg set.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Th	9/21-12/14	1:30-3:30 pm	\$10/\$15	8500.333
(no program 11/23)					

**Schuetze Recreation Center, Meeting Room**

Min: 8 Max 20



## The Park Foundation of Waukesha, Inc. (PFW)

Serves as an advocate for the promotion of "community quality of life" through the enhancement of city parks, trails, recreation programs and the urban forest.

Thanks to community support, PFW has recently provided funding for the following projects and events:

- Schuetze Recreation Playground and Rain Garden
- Les Paul Performance Center Renovations
- Rivers Crossing Bridge/Trail Project
- Waukesha JanBoree
- Tribute Tuesday Concert Series and more

To learn more about contributing or volunteering, please contact Park Foundation President

David Burch at: [burdavn@gmail.com](mailto:burdavn@gmail.com)

The Park Foundation of Waukesha, Inc.,

P.O. Box 2006, Waukesha, WI 53187-2006

*The Park Foundation of Waukesha, Inc. is a 501(c)(3) organization.*

## Senior Strength: Total Body Workout

Join us for a fun energetic class that will improve your strength, balance, stability, core, flexibility, agility and endurance. A combination Hi/Low aerobics, barre, boot camp, circuit, intervals, cardio dance, toning, strength and more will challenge your muscles in different ways and keep you motivated all session long. Participants should bring water bottle and mat to class. Men and Women of all fitness levels are welcome.

### TWO DAY OPTION

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M,W	9/6-10/25	10:15-11:15 am	\$25/\$38	8000.313
55+	M,W	10/30-12/13	10:15-11:15 am	\$25/\$38	8000.314

### ONE DAY OPTION

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M	9/11-12/11	10:15-11:15 am	\$25/\$38	8000.315
55+	W	9/6-12/13	10:15-11:15 am	\$25/\$38	8000.316

**Schuetze Recreation Center, Gym** Min: 12 Max: 50  
Instructor: Jessica LaBeree-Patt, Certified NETA Instructor

## Tai Chi for Beginners Young Adults to Older, Active Adults

This slow and gentle flowing exercise creates stronger balance, coordination, and flexibility. You will enjoy the opportunity to slow your world down, release stress, reduce anxiety while at the same time increasing energy. With this general overall relaxed mind and body exercise you will truly have a complete inside out full body workout.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	9/19-10/24	6:00-7:00 pm	\$33/\$49	7000.341
16+	Tu	10/31-12/12	6:00-7:00 pm	\$39/\$59	7000.342

(no class 11/23)

**Schuetze Recreation Center, Riverview Room** Min: 9 Max: 15

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	9/21-10/26	10:15-11:15 am	\$33/\$49	7000.343
16+	Th	11/2-12/14	10:15-11:15 am	\$33/\$49	7000.344

(no class 11/23)

**Rotary Building** Min: 9 Max: 15  
Instructor: Ginny Mathias, Certified SFA Instructor

## Tai Chi - Continuing Young Adults to Older, Active Adults

This class is for those who have a Tai Chi practice in place. Going deeper into your journey we will take the principles of Tai Chi and apply them deeper, creating an enhanced mental and physical relaxation, stronger posture and muscle mass.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	9/21-10/26	8:45-9:45 am	\$33/\$49	7000.345
16+	Th	11/2-12/14	8:45-9:45 am	\$33/\$49	7000.346

**Rotary Building** Min: 9 Max: 15  
Instructor: Ginny Mathias, Certified SFA Instructor

## Golf Lessons for (Sr.) Adults

If you have never played before or you are looking for a refresher, these lessons are ideal. We will cover the fundamentals of the game, course etiquette, and basic rules. When complete, you will have everything you need to hit the links and have some fun! Please bring the following clubs to class: putter, pitching wedge, 7, 8 and 9. Meet at Club House for first class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	9/5-9/26	10:00-11:00 am	\$48/\$68	5900.344

**Moor Downs Golf Course 438 Prospect Ave, Waukesha, WI**  
Instructor: Mike Quinlan, Golf Professional Min: 4 Max: 8

## Tai Chi Private Lessons

Private lessons are a great way to get individualized attention to expand your skills. This opportunity compliments the weekly Tai Chi class. Fee includes one half hour individual lesson before or after class.\*

AGE	DAY	DATES	R/NR FEE	CODE
16+	Tu	9/19-12/12	\$20/\$30	7000.347

**Schuetze Recreation Center, Riverview Room**  
Instructor: Ginny Mathias, Certified SFA Instructor

AGE	DAY	DATES	R/NR FEE	CODE
16+	Th	9/21-12/14	\$20/\$30	7000.349

## Rotary Building

Instructor: Ginny Mathias, Certified SFA Instructor

\*Instructor will contact registered participants to set up a time and date to meet.

## Movers & Shakers

Experience an unforgettable and inspirational workout that will increase your fitness level, your circle of friends and keep you motivated to reach your fitness goals. Cardio dance, intervals, strength training (weights and band) and balance exercises will provide a great total body workout. Participants should bring a water bottle to class. All abilities welcome.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu,Th	9/5-10/19	8:30-9:15 am	\$24/\$36	8000.303
55+	Tu,Th	10/24-12/14	8:30-9:15 am	\$24/\$36	8000.304
(no class 11/23)					
55+	Tu,Th	9/5-10/19	9:30-10:15 am	\$24/\$36	8000.305
55+	Tu,Th	10/24-12/14	9:30-10:15 am	\$24/\$36	8000.306
(no class 11/23)					

**Schuetze Recreation Center, Gym** Min: 12 Max: 50  
Instructor: Chris Yehle, Certified NETA Instructor



### Cardio Dance

Discover the joy and health benefits of Cardio Dance! In this class, you will learn easy to follow steps with flair from different styles of dance including but not limited to swing, Latin, Broadway, hip hop, line dancing and ballroom. This program is suitable for all fitness levels and is appropriate for men and women. Participants should bring a water bottle to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	F	9/8-10/20	10:15-11:00 am	\$12/\$18	8000.307
55+	F	10/27-12/15	10:15-11:00 am	\$12/\$18	8000.308
(no class 11/24)					

**Schuetze Recreation Center, Gym** Min: 20 Max: 50  
Instructor: Becky Hels, Certified NETA Instructor

### Yoga

Experience the gentle yet invigorating powers of Yoga and Pilates based workouts. Benefits include improved strength, flexibility, balance and coordination as well as reduced stress and muscle tension. Seated, standing and lying positions are included and modifications for movements and poses are available. Please bring a mat and small towel.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M,W	9/6-10/25	11:20 am-12:05 pm	\$32/\$48	8000.309
55+	M,W	10/30-12/13	11:20 am-12:05 pm	\$30/\$45	8000.310

Instructor: Jessica LaBeree-Patt, Certified NETA Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	F	9/8-10/20	11:20 am-12:05 pm	\$15/\$23	8000.311
55+	F	10/27-12/15	11:20 am-12:05 pm	\$15/\$23	8000.312
(no class 11/24)					

**Schuetze Recreation Center, Gym** Min: 20 Max: 50  
Instructor: Becky Hels, Certified NETA Instructor

### Zumba Gold – Dance Your Way to Health For Beginners to Older, Active Adults

Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	9/7-10/12	5:30-6:30 pm	\$39/\$59	7000.366
16+	Th	10/26-12/14	5:30-6:30 pm	\$39/\$59	7000.367
(no class 11/23)					

**Schuetze Recreation Center, Activity Room** Min: 9 Max: 20  
Instructor: Joan Bohte, Certified Zumba Instructor



### Aquasize and Open Swim

These classes are designed to improve your strength, flexibility, range of motion and cardiovascular endurance. Participants will begin with warm up exercises, followed by a strength and endurance phase, and conclude with a relaxing cool down period. No prior aqua workout experience or swimming ability is necessary to enjoy the program. The Open Swim is lap swimming (pool width). Pool Temperature: The water temperature is 80-82 degrees. To some, this will be cold.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu,Th	9/12-12/7	9:00-10:00 am	\$48/\$68	8000.246
(no class 11/23)					

**Carroll University, Van Male Natatorium** Min: 25 Max: 40  
Instructor: Irene Schuder

Attire: Must wear aqua shoes with non-slip tread  
Parking: On street parking where allowed. P9 and P10 parking lots off of Barstow are available.

### Waukesha Walks Club

Looking to take a step in the right direction? Join the Waukesha Walks Club! This is an opportunity to get healthful exercise, meet new friends, and hear all about the many historic sites that you will visit during your walk. If desired, pedometers and scoring forms can be obtained to track your steps and maximize your health benefits. We recognize that participants walk at various speeds, everyone will be accommodated.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M,W,F	9/11-11/10	9:15-10:15 am	\$10/\$15	7000.323

**Schuetze Recreation Center, Conference Room (meeting area) & Frame Park and surrounding area** Min: 5 Max: 50  
Walking Ambassador: Bob Lawrence

### Maximize your Medicare

Join us for an overview of Medicare Parts A, B, C and D as well as supplemental insurance and how they all fit together. This program will also provide information on special programs for Medicare beneficiaries with limited income that may help them pay their Medicare costs and also help them pay their prescription drug costs. Time will also be spent highlighting the importance of Medicare's annual open enrollment period.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	9/26	10:00 am-Noon	*No Fee	8500.334

**Schuetze Recreation Center, Riverview Room** Min: 8 Max: 60  
Debbie Bissworn, Waukesha County SHIP Outreach Specialist (State Health Insurance Assistance Program)

\*Pre-registration is required